



Menino and Flaherty to compete in final mayoral race on Nov. 3



Meeting for the last time before the preliminary election at the Mass Vote Mayoral Forum last Thursday, candidates Michael Flaherty, Sam Yoon, presider Maria Gonzalez, and Kevin McCrea vie to unseat 16-year incumbent Mayor Thomas Menino (absent, as McCrea implied) (Photo by Kaili Xu)/ 麥奎亞高舉身旁的空凳，示意萬寧路的缺席。由左至右米高法拉提、尹常賢、論壇主持人Maria Gonzalez和麥奎亞。(徐凱俐攝)

By Samuel Tsoi

Mayor Thomas M. Menino, the four-term incumbent, and City Councilor Michael Flaherty, emerged victorious in September 23's mayoral preliminary election, besting City Councilor Sam Yoon and Businessman Kevin R. McCrea. Menino and Flaherty will bid for the office of mayor in the November 3 municipal elections.

In the preliminary election for mayor, Menino received 41026 votes (50.52%); Flaherty 19459 (23.96%); Yoon 17179 (21.16%); McCrea 3340 (4.11%).

At the English High School in Jamaica Plain on September 17, voters filled the auditorium for a final mayoral forum before Tuesday's preliminary election that will narrow the field of four candidates to two.

The event was hosted by MassVote, with the content prepared by a diverse panel of community stakeholders, ranging from the Black Ministerial Alliance, the Massachusetts Immigrant & Refugee Advocacy Coalition, and the Chinese Progressive Association (CPA).

"[The group of organizations] synthesized questions from different residents," said Lisette Le of CPA, who also provided live translation via headphones for Chinese audience members.

Many in the room were eager to hear the candidates' policies before voting on Tuesday. Mr. Yee, a resident of Chinatown who was undecided between the three challengers,

said "I think we need a new mayor." Many Asian American voters in the audience had deep concerns for the issues of economic opportunity, public education, and affordable housing. "I hope the new mayor won't cut any funding to education, and will improve all public schools instead of just the charter schools," said Ms. Kwong, a South Boston resident who has two elementary-aged children.

Mayor Menino was invited to the forum but did not join the three other candidates because of a "previous scheduled engagement," which drew jeers from the audience. Challengers Michael Flaherty, Kevin McCrea, and Sam Yoon then joined in a chorus in denouncing Menino's absence and further accusing him of being an excessively powerful and entrenched mayor with a lack of vision, innovation and poor results from important aspects of the city's progress, like the public school system.

"We need to push politics out of the way, and make room for ideas" Yoon, the two-term city councilor at-large, said. "I've seen Boston at its best, and Boston at its worst, and the city is stuck in neutral," Flaherty, the city councilor and former district attorney, said. McCrea, a contractor who has positioned himself as a long-time critic of Boston's city government and political outsider, said: "We need to acknowledge all the waste, fraud, and abuse...and problem that is the elephant not in the room" – an obvious jab at the mayor – who is running for an unprecedented fifth term.

Throughout the evening, the three attacked the 16-year mayor for what they called unacceptably low-performing schools, power grabs, backroom deals, and an outdated and unaccountable City Hall. "It all comes back to transparency...the mayor gave away Hayward Place, which was worth \$20 million...we need to stop giving away property and tax breaks for rich developers," McCrea charged.

Both Yoon and Flaherty also accused the departments under the mayor as wasteful, and called for a performance review. They both accused the public works department of not being able to keep a budget and not having the ability to track the number of potholes filled or trash barrels emptied. "It's not about getting the job done, nor is it based on information, data, and performance – it's about knowing the right people," Yoon, who favored a two-term limit, described the current atmosphere at city hall.

When asked about the state of public school education and the achievement gap between black/Latino students and white/Asian students, and between ESOL and native English speakers, Flaherty said: "This administration has failed our children...24,000 kids dropped out...incremental change in the past 16 years just doesn't cut it." Flaherty called for a cap on charter schools and a school-site budgeting process so valuable education funds do not get wasted in bureaucracy.

CONTINUED PAGE 3

萬寧路與法拉提將於 11月3日爭奪市長寶座

herty) 和尹常賢以及南端(South End)房地產發展商麥奎亞(Kevin McCrea)都紛紛對萬寧路的缺席作出極大回應和攻擊。

麥奎亞在發言時，特別高舉身旁的空凳，示意萬寧路的缺席，引來全場一片掌聲。

米高法拉提在提到學校、犯罪和工作三大問題時，用了一連串的排比句強調到「如果市長能在這裏告訴你們他的展望就好了。」

米高法拉提接著說：「我旨在為人民而鬥爭。我要修整我們的學校制度，讓我們的街道更安全，小區更清潔。」

尹常賢則指出他之所以成為市議員是想為城市尋求改變，而政府可以成為促進變化的有利工具。他說，在波士頓市政廳，他卻最終發現，市長一個人可以控制所有事情，包括資源、日程表。

尹常賢說：「在我看來這個體系已經沒有用武之地了，我們必須要改變它。」

麥奎亞表示他之所以參加競選主要為了兩項事宜：教育和透明行政。

麥奎亞說：「在我看來，犯罪其實是一個教育和工作問題。」他接著說：「讓這個城市每個角落裏的人都接受良好教育將是我的第一工作重點。」

他說雖然市長不停說教育問題會變好，但是在過去十年裏，波士頓公共學校流失了約七千個學生。家長為了孩子能受到更好的教育，紛紛舉家遷出了城市。

三位出席當晚論壇的市長候選人也對所有有關移民政黨的問題給與了積極正面的回答。對於是否應該給予綠卡持有者投票權和市民證，他們都表示肯定。三人都表示綠卡持有者合法居住在波士頓，他們應該得到參與選舉、

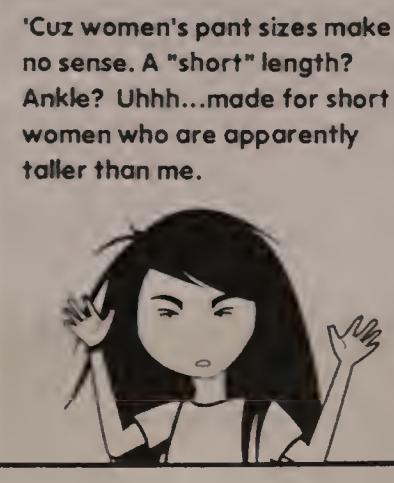
(反面中文第四版續)

Comic

by Lillian Chan



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9-23-09

Announcements

OBITUARY

Remembering Neil Chin,
founder of Chinese American
Civic Association

Neil Y. H. Chin, 90, founder and first President of Chinese American Civic Association (predecessor of the Asian American Civic Association), passed away on Wednesday, September 23, 2009.

Born in Toishan, China in 1918, Chin emigrated to the United States, settling in Boston's Chinatown in 1923. Chin worked for the Commonwealth of Massachusetts Group Insurance Commission where he rose to the position of Executive Secretary until his retirement in 1985. A World War II Navy veteran, he was a founding member and past commander of Boston Chinatown's American Legion Post 328. Chin was a civic leader and community activist. He was instrumental in forming the Chinatown's branch of the YMCA, where it was originally located on Tyler Street in Boston. He was a founding member of the Chinese American Civic Association, now known as the Asian American Civic Association, serving as its first president from 1967 to 1968. Chin was also actively involved with numerous community-based organizations in Chinatown, such as the Chinese Progressive Association, South Cove Community Health Center, the Asian American Resource Center and more. Chin's dedication and commitment to the Boston Chinatown community will always be remembered and he will be greatly missed.

In lieu of flowers, donations may be made to Tufts Medical Center Cardiology Heart Failure Center, 800 Washington Street, P.O. Box 5931, Boston, MA 02111. Chin's wake is tentatively scheduled on Monday, September 28, at Boston Harborside Home J.S. Waterman & Sons-Waring-Langone on 580 Commercial St Boston and his funeral on Tuesday. Please call Waterman & Sons at 617-536-4110 for more information.

CORRECTION

In the recent article entitled 'Asian American Youth come together for friendship and cooperation', Danny Thang Ho was incorrectly noted to have read out the activity statement, "Of all the categories listed here, I am most proud of this part of my identity." Sophia Kim, director of

Boston Chinatown Neighborhood Center's Oak Street Youth Center, was the leader of this activity and read the statement. We apologize for the mistake.

CHINATOWN

Tufts Medical Center
Community Health Fair

Time: Saturday, September 26, 2009, 10:00 am - 2:00 pm
Place: 800 Washington Street, Tufts Medical Center.

Join Tufts Medical Center for free prostate and other health screenings; information on heart disease, eye problems, asthma, high blood pressure; the opportunity to speak with nurses and physicians to discuss ways to improve your health and the health of your family.

BCNC 24th Annual
Oak Street Fair

The Boston Chinatown Neighborhood Center, Inc. (BCNC) is hosting its 24th annual Oak Street Fair on Saturday, September 26, 2009, 11:00 am to 3:00 pm at Quincy School Playground and Oak Street (between Washington Street and Shawmut Avenue).

The Fair is a family festival that is free and open to the public. With the participation of local organizations and businesses, there will be tables featuring games, activities, and health screenings and useful service information.

Chinese Historical Society of
New England Annual Banquet

Chinese Historical Society of New England annual meeting and banquet will feature guest speaker Jennifer 8 Lee, author of The Fortune Cookies Chronicle. The banquet will present the Sojourner Awards and the CHSNE-Waterman Scholarships to eight Asian American students.

WHEN: Friday, Sept 25, 2009, 6:30 pm to 9:30 pm.

WHERE: China Pearl Restaurant, 9 Tyler Street, Boston.

WHO: Jennifer 8 Lee is the author of The Fortune Cookie Chronicle; New York Times reporter.

Sojourner Award recipients: Shanghai Printing Company, Sun Sun Company, CHSNE-Waterman Scholarship Award recipients.

TICKETS: \$60 per ticket. To purchase tickets on-line, visit: www.chsne.org

Please contact Nancy Eng, 617-338-4339, nancy.chsnebos@gmail.com for more information.

BOSTON

Health Celebration and
Moon Festival

WHEN: Saturday, September 26, 2009, 10:00 am-2:00 pm
WHERE: 42 Charles Street, Dorchester

WHO: Vietnamese American Community Center

WHAT: Cultural celebration; free health services: health screenings for diabetes and blood pressure, safe nail salon health and safety trainings, cervical cancer trainings for women ages 40-64.

New Bostonians
Community Day

Mayor Thomas M. Menino and the Office of New Bostonians will hold on September 23 The New Bostonians Community Day 2009, the city's most visible celebration of immigrants and multiculturalism. Beginning with an official opening ceremony headed by the Mayor, the 4th Annual New Bostonians Community Day will take place at City Hall Plaza on Wednesday, September 17th, 2009 from Noon - 9 pm

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SAMPAN

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Boston News

FROM PAGE 1 MAYORAL RACE

"Nothing bothers me more than to see families leave the city [because of its failing schools]," Flaherty emphasized. "I will visit each school over the period of two years, and implement a reward system to highlight the things that are going well in schools," said McCrea, who does not support expanding charters. Yoon zeroed in on the mayor, and said: "We need to add back a hybrid school committee, so not everyone is hand-picked by the mayor - the mayor needs to be challenged." On charter schools, Yoon recognized that they are not the magic bullet, but praised the good ideas that have come out of charters and supports a "smart cap."

Many immigrants and minorities are concerned that charters are just another form of school segregation - and all three candidates agree that charters need to be held accountable to embrace all students, and cast a wider net to include English Language Learners, students with special needs, and minority students - most of whom are in the 100 out of 140 underperforming public schools in Boston.

All three candidates repeatedly questioned the mayor's record, and vowed to take Boston into the future by reforming city government, enforcing the city's Residents Jobs Policy creating green jobs, and improving public education in the "Athens of America" by investing in schools, rewarding innovation, and working with the city's great universities.

Even with his absence, Menino's weight in this mayoral race was felt, as most analysts expect only one of the three challenges will emerge with Menino as the final two. All three candidates ended the forum by pointing voters to the future of Boston, and characterized this mayoral election as the chance for the city to take a big step forward. The municipal election for Boston, which also includes ten candidates vying for seats at the city council, will take place Tuesday, November 3rd. MassVote will host a forum between the two final mayoral candidates on Tuesday, October 27, 2009, 6:30-8:00 PM, at Faneuil Hall, and a city councilor at-large forum on Tuesday, October 13, 2009, 6:30-8:00 PM, at the UMass-Boston Campus Center.

Samuel Tsoi is a Sampan correspondent.

Cody Yiu contributed to this report.

Chinatown News

By Samuel Tsoi

At the monthly Chinatown Coalition (TCC) meeting September 10, planners for Chinatown's temporary library unveiled the final stages of the project. The Storefront Library is an effort by the Boston Street Lab, founded by Chinatown residents Sam & Leslie Devol. It is slated to occupy a prime street-level storefront space at the Archstone condominiums adjacent to the Registry of Motor Vehicles and Chinatown Orange Line station on Washington Street for three months.

Since the closing of the Tyler Street Boston Public Library branch in 1956, many advocates in Chinatown have demanded a public place of learning, gathering and information that is not only crucial to a neighborhood, but also important for immigrants to access free, helpful and culturally relevant information.

The Chinatown Storefront Library, scheduled to open on October 15, will show the demand for and benefits of a library to the community. Library services will include newspapers, periodicals, children's books for browsing, and computers with Chinese handwriting input capability, and internet access - these services are to go with innovative furniture contributed by designers at the Harvard Graduate School of Design, and on display at the school until the library's opening.

The pieces will be easily assembled and taken apart for the temporary space, and they anticipate and respond to the needs of Chinatown residents - especially the elderly, young children, and students.

The Boston Public Library has been very supportive, and the project has been advised by the BPL director along the way." Leslie Devol noted. The project, however, does not receive funding from the city, and is seeking donations of children's books, non-fiction periodicals in Chinese or English, and is raising \$5000 for the hiring of a site manager. Additionally, the Storefront Library will also host community groups such as the Boston Chinatown Neighborhood Center for educational programs and cultural activities.

The Storefront Library will have weekday and Saturday hours, and will be hosting a grand opening community event on October 15th. For more information, please visit (www.storefrontlibrary.org). Many of the leaders of the community in attendance applauded the efforts of this much-awaited project, and have high

TCC meeting highlights: Storefront Library opening, Chinatown Educational Pathway, back to flu

TCC meeting on September 10. (Photo by Kaili Xu)

hopes of success and demonstration of Chinatown's need for a public library.

Richard Goldberg, Director of Education at AAC, presented a working comprehensive document which lists all of the agencies and programs for immigrants to learn English and develop critical job skills. The chart, titled "The Chinatown Educational Pathway" shows the various programs of all levels of ESOL, career and technical training, GED/adult education, and citizenship. It hopes to share centralized information in the community, in order to help new immigrants chart ways toward assimilation and success.

As the new school year begins, this particular season has been one of heightened anticipation of flu outbreaks. Shira Doron, assistant professor of

Medline at Tufts University's Division of Infectious Diseases, explained the current situation of the H1N1 flu outbreak, as well as the seasonal flu.

When the H1N1 strain of influenza or "swine flu" hit last Spring, many cities across North America experienced a high influx of people in emergency rooms. The outbreak also caused many school closings, including several days at the Josiah Quincy Upper School.

Professor Doron noted that the Center for Disease Control (CDC) so far has confirmed 9000 hospitalizations and 593 deaths caused by H1N1 across the nation as of week 34 of the outbreak. In the fall, when flu season normally begins, it will be difficult to differentiate between seasonal

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influenza A and H1N1, Doron clarified. However, the cases experienced in the US of H1N1 are still relatively mild compared to seasonal flu.

Given that flu viruses are typically spread through respiratory droplets within six feet of contact from person to person, to prevent the spread of the virus, Professor Doron suggested a slight change of culture such as avoiding handshakes. Doron also emphasized the frequent cleaning of high-contact areas such as keyboards, door knobs (bacteria stays alive on objects for no more than 2 hours), and modeling good hygiene such as hand-washing, coughing or sneezing into elbow instead of hands.

As the CDC approves the new H1N1 vaccine this month, and expected to be widely available in October, Doron said it will not be on time to be effective because it will take two doses, with the second one taken 28 days after the first. "The whole discussion [of vaccinating] might become moot," Doron said.

If one has the flu, he or she would experience a fever and coughing or soar throat simultaneously. It is not recom-

mended to go to the emergency room if symptoms are mild, unless one is pregnant or have serious complications such as diabetes. To prevent flooding emergency rooms, where there will be higher chances of contacting others with the virus, those who have mild symptoms are recommended to stay home from 24 hours after a fever subsides, or up to 7 days, whichever is longer.

In the meantime, Doron suggests the best practice is for employers and school officials to anticipate absenteeism, be ready for emergency procedures, and share response plans within the community. Families should also prepare a backup plan for childcare, elderly care and continue to model hand and respiratory hygiene. It is important to disseminate information in immigrant communities to prevent unnecessary fear, and also spread the word on proper prevention practices. For up to date information, visit Massachusetts Department of Public Health (mass.gov/dph/flu) and the CDC's flu site (www.flu.gov).

Samuel Tsoi is a Sampan correspondent.

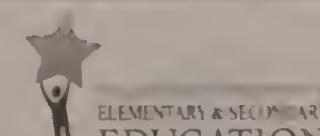
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Chinatown News

First Mandarin-speaking childcare center in Boston opening this November

By Cody Yiu

In November 2009, the Asian American Civic Association (AAC) will be opening the Buds and Blossoms Early Education and Care Center. This ambitious childcare center will boast a Mandarin (Standard Chinese) immersion program and an educational approach imported from Italy.

"Our kids will flourish in Boston's only Mandarin Chinese language immersion program for young children," says Chau-ming Lee, Executive Director of AAC. "While the initial rationale for Buds and Blossoms grew out of AAC's long-standing concern for immigrant women, data has shown us that other families who live or work in Boston are desperately seeking more early childhood education programs which aspire towards and maintain high standard in the field. And they are asking for Mandarin language and culture!"

The idea of starting a Mandarin immersion childcare center arose from helping a non-Chinese family seek a Mandarin-speaking nanny several years ago, says Mary Chin, President of AAC. It dawned on Chin that the appeal of learning Mandarin in today's global economy was escalating, as mastering the language opens doors to new business and cultural opportunities.

Alma Finneran, Chair of the Buds and Blossoms

Room dedication to veteran leaders at AAC

By Kaili Xu

Two veteran community leaders received award dedications for their past contributions to the Asian American Civic Association (AAC) at its annual meeting on September 16.

The association's "Multi-Service Counseling Room" is dedicated to Paul M Yee, Jr., a former president, and the executive director's office to Mary Chin, the incumbent president.

Yee had been on the board for more than two decades.

An attorney with a general practice, Yee served multiple positions including president, vice president, and co-president at AAC. He had a leadership role in helping AAC construct and plan

its current office building, that has been in use since 2007.

Yee left AAC last year, but said that the



From right: AAC executive director Chau-ming Lee, former president Paul Yee, incumbent president Mary Chin, and Yee's wife Helen Yee. (Photo by Kaili Xu)



Paul Yee (left) has been nominated judgeship by Governor Patrick. (Photo by Kaili Xu)

work continues to better serve the immigrant community.

The other recipient, Mary Chin, also has worked at AAC for more than 20 years. With a very strong social work background, she works closely with the board and community to help the AAC staff carry on their missions.

"I was shocked, surprised, grateful, and humbled," Chin said.

Chin said in the future, she plans to expand leadership and work with other staff to identify more programs that meet all immigrants' needs.

"She's very committed to AAC, and she's hardworking and some-

times demanding," said Chau-ming Lee, Chin's long-time colleague and executive director of AAC. "She understands the need of the organization and staff."

Governor Patrick announced on September 21 the nomination of Paul Yee to the Quincy District Court.

Kaili Xu is a Sampan correspondent.

Asian Spectrum partners with Tufts Medical Center to educate the Asian Community about mental health

By Natalie Ornell

Asian Spectrum Inc., a non-profit organization based out of Malden and

serving Asian communities in the greater New England area through multimedia since 2002, re-

CONTINUED PAGE 5



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6	62,760
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FROM PAGE 4 ASIAN



Asian Spectrum volunteer and Asian American Civic Association board member Diane Jeong spoke about mental health issues facing Asian Americans. (Photo courtesy of Katherine Szeto)

cently launched their DVD series about Asian Mental Health, Alzheimer's and Parkinson's disease for the elderly at a wrap-up celebration at Tufts Medical Center, whose generous sponsorship made the project possible.

Volunteer Melody Tsang said, "The purpose of the celebration is to thank all the professionals involved and also to invite elderly from the community to attend so that they can be aware of the facts of mental health."

Asian Spectrum wants to teach the Asian community that mental health problems are treatable and are just like any other health problem. Sadly, a staggeringly low percentage of Chinese people admit to having mental health issues.

Asian Spectrum volunteer Ching Lo explained why some Chinese people are afraid to seek help for mental health issues - "Because the Chinese are very shy they don't want everyone to know their thinking and behavior. They are afraid to take the medication. They would rather take herbs. Young people are more open."

Volunteers, elders, and Tufts Medical representatives including Sherry Dong and Dr. Brian Ho came to watch the new DVD in Cantonese, Mandarin, and English which featured a case study, information about diseases, a doctor and a therapist's perspectives, and information about community resources. Tufts Medical Center was awarded an honorary plaque. Attendees enjoyed a meal afterwards in celebration of the project, courtesy of the Shanghai Ravoli Company.

Zenobia Lai, a lawyer who is the Executive Producer of the Health Project said, "Tufts had an Asian Health Initiative Grant. We wanted to produce a series to serve the Chinese community. I have clients who have mental health issues who are untreated. One of our goals is to desigmatize mental

health to help patients get the treatment and counseling they need. It is a shame not to treat [people with mental health problems] because they can have a normal life."

Lai added, "Culturally, mental health isn't talked about. People think that people with mental health diseases are dangerous, violent, and scary. In Western society, we have prominent authors who write about mental health, like Virginia Woolf."

She also added that the shortage of local psychiatrists and therapists who can communicate with patients in Chinese is a problem for those seeking mental healthcare, especially for elderly patients.

Katherine Szeto, a young volunteer who has helped watch recordings, worked at the television studio with camera and sound, and assisted in the translation process of the footage, explained her family's involvement in the project - "My aunt and uncle are volunteers of Asian Spectrum. My aunt, Melody Szeto, is one of the anchors of their television program while my uncle, Kam Shun Szeto is one of the camera sound people and he does the DVD editing."

For more information about Asian Spectrum or the DVD, please call 617-901-3044 or contact Melody at melody@aaca-boston.org

Natalie Ornell is a Sampan correspondent.

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CCBA hosts dinner to benefit victims of Typhoon Morakot



CCBA Treasurer Wendy Eng, Gilbert Ho, Taipei Economic Cultural Office (TECO) of Boston, former Director General Kuo-Tung Yang and Mrs. Kwok-Tung Yang, CCBA Auditor Rick Wong and CCBA Treasurer Wingkay Leung stand at the stage of Empire Garden, the restaurant at which the CCBA's benefit dinner was held. (Photo by Kyle Chayka)

By Kyle Chayka

On Wednesday September 9, the Chinese Consolidated Benevolent Association of New England hosted a benefit dinner to fundraise for victims of Typhoon Morakot at Chinatown's Empire Garden restaurant. As guests lined up for the buffet, Gilbert Ho, President of the CCBA, presented a check for two thousand dollars made out to the Red Cross foundation. The presentation was followed by performances from the Woo Ching White Crane Academy including a Lion Dance and martial arts demonstration, as

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A household electronics energy measuring device can now be borrowed from all Boston Public Library branches. The device - called a Kill-A-Watt - measures the amount of electricity used by individual household appliances and electronics.

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well as other community groups.

Typhoon Morakot, the deadliest typhoon to hit Taiwan in recorded history, made landfall on August 7. The storm continued to mainland China on August 9. Typhoon Morakot is estimated to have caused roughly 3.3 billion dollars in damages and resulted in major mudslides in Southern Taiwan. The storm left over 500 people dead and 192 missing in Taiwan alone, according to recent reports.

Kyle Chayka is a Sampan correspondent.

manage consumption.

The Kill-A-Watt is also available at local library branches. In partnership with NStar, the City of Boston has partnered with several community based organizations that will make the devices available to local residents. Community partners include: Boston Climate Action Network, Dorchester Environmental Health Coalition, West Roxbury Saves Energy, Allston Brighton Community Development Corporation, Beacon Hill Civic Association Green Committee, Mass Energy Consumers Alliance, Fenway Community Development Corporation, Boston Latin School's Youth Climate Action Network, Asian American Civic Association,

Boston Building Materials Co-op, and the Chinese Economic Development Council.

The Asian American Civic Association is at 87 Tyler Street, 5th Floor, Boston, MA and can be reached at (617) 426-9492.

The Chinese Economic Development Council is at 65 Harrison Avenue, 7th Floor, Boston, MA and can be reached at (617) 482-1011.

times more prevalent in Asians than whites in the US. Liver cancer prognosis is often grim. It is hard to detect early, difficult to remove and often chemotherapy-resistant. In order to effectively treat this disease, we must get to the root of the problem - and there is good news about that root - it is easily identified and preventable.

Hepatitis B virus (HBV) is often the precursor of liver cancer. It can be transmitted through blood or body fluids containing blood. The contact does not necessarily have to be direct between the infected and recipient. As a result HBV can be transmitted between family

CONTINUED PAGE 6

Health

Liver cancer

By Cole Liberator

While heart disease is the #1 killer of Americans, that dubious title is given to cancer among Asians in the United States. One of the most common and deadly cancers affecting Asians is liver cancer. In fact, liver cancer is seven

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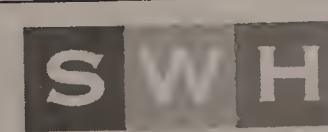
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FROM PAGE 5 LIVER

members within households. Without treatment, HBV can lead to life-threatening diseases such as liver failure, cirrhosis and liver cancer.

The United States is fortunate to have a very low rate of HBV infection (~0.5%) primarily due to strong preventative measures. But this number can lead to a false sense of security if taken strictly at face value, when one looks closer, a disturbingly high rate of hepatitis B is found in Asian Americans. According to the National Center for Infectious Diseases, approximately half of the 1.25 million Americans living with HBV are Asian Americans. This means that among Asian Americans the rate of HBV infection is 4% (an eight-fold increase over the national rate).

Why is this trend present? The causes are two-fold. The first is Asian immigration into the United States. Among certain Southeast Asian countries such as China, the virus is considered to be endemic. Treatment is poor and awareness is limited. As a result the disease runs rampant. When Asian immigrants come to the states they often bring the disease with them.

In 2006, a report in Morbidity & Mortality Weekly Review presented data indicating that the rate of HBV infection among the Asian immigrant community of New York City was 15%. This is a staggering 35 fold increase over the US's HBV infection rate and almost equal to the most endemic areas! Studies of similar populations in Philadelphia, Atlanta and Chicago also showed similar rates of infection.

The second reason for the elevated rates in Asian Americans is the slowly developing symptoms of the disease. The life-threatening diseases that are caused by HBV take years to develop post-infection. Even more frightening, some patients infected with HBV are asymptomatic, acting only as silent carriers of the virus. As a result, a person who is unaware of their HBV status can spread the disease for years without knowing. In fact, half of the immigrants in the New York City study had been living in the US for over 10 years without knowing of their diagnosis.

How can this trend be stopped? The first step is screening. The only definitive test for HBV infection is a blood test. All individuals unaware of their HBV status are strongly encouraged to take the test for the sake of both themselves and those they interact with. To combat this problem, many initiatives have been

started throughout the US, including HBl-Boston. This program's objective is education about HBV and active screening for infection.

The second step is vaccination for those that have not been exposed. Currently, this is the only treatment that can completely protect an individual from the hepatitis B virus. The vaccine is administered over 3 doses and works by building up immunity within the body against the virus. Proactive treatment is crucial. Like all vaccines, the one for hepatitis B can only protect individuals prior to infection. Although there are effective treatments for people already with HBV there is currently no cure post-infection.

Who should get the vaccine? The short answer is everyone who has not been infected by hepatitis B. However the vaccine is most important for small children. The chances the virus will develop into problems such as cirrhosis or liver cancer largely depends on the age that an individual is first infected. For example 9 in 10 newborns will develop symptoms. This number drops to 3 in 10 for younger children and goes all the way down to 2 in 100 for adults.

But don't be fooled by the 2 in 100 rate, it's also crucial for adults to get the vaccine. Even if the chances are slim that a newly infected adult will develop debilitating liver disease, he is still a carrier and can spread the disease to unknowing recipients. This is especially important for expectant mothers because of the high rate of disease in newborns. In fact, in the endemic areas of HBV, mother-to-child infection is one of the most common forms of transmission.

Primary liver cancers are one of the rare cancers that can be prevented with a simple vaccine. Awareness is the major hurdle that the Asian US community must overcome to combat the disease. Studies have shown that once diagnosed, most individuals are responsible with their treatment. However, it is that initial diagnosis that is lacking. While urban communities are working harder to provide more convenient and easy diagnostic tests, in the end it is the individual who must be proactive. With so many hard-to-recognize and even harder to prevent diseases, everyone owes it to themselves, their family and their friends to eliminate the ones that can be prevented.

Article funded through the Asian Health Initiative of Tufts Medical Center

Youth

By Amy Zhang

September 3, 2009 began my junior year at Malden High School. I can proudly say that I have survived, partially at least; I've successfully reached the midpoint of my high school life and hopefully everything will be smooth sailing from now on. Butterflies didn't even get the chance of forming in my stomach; it's all too familiar. The loud roar of chit chatter made by roughly one thousand students crammed on the first floor greeted me at the door. Then, there came a stampede of feet climbing the stairs as everyone chaotically ran to their new homeroom. And finally, there was silence, as the daily announcements were made through the loudspeaker and students brace themselves for the ring of the bell, signaling the start of the first class on the first day of school. Everything is just too familiar.

There is also something else that is just too familiar to me; the dark, ominous cloud that hangs above English class. Others just walk in like they would any other class, but whenever I come remotely close to the door, whether it is my next class or not, my heart automatically starts to pound in my chest, my hands start to sweat, and I hold my breath. The force of the cloud is very powerful; it just basically absorbs all the life and happiness inside of me and leaves me in a gloomy state of mind. But it seems that only I am aware of this, since others don't seem to be

First day of class and English subject

bothered. In fact, most are wearing smiles on their faces while entering this class while I will always wear an indifferent, if not frightened, appearance.

English has never been my forte. It is reasonable for people to have difficulty imagining a time when I couldn't speak English but to be honest, English was not my first language. Both my parents speak Chinese and have never found the motivation to learn a new language, so it is highly unlikely that they would help me perfect my English. As a result of this situation, I find that improving my vocabulary is the most difficult for me.

I can memorize definitions of words, like so many of my English teachers have done, but when it comes to actually using these "big words" fluently and correctly in papers, I find that I cannot accomplish this task. The words are simply not incorporated into my daily vocabulary. And so, if a teacher asked a question similar to "how early humans made fire?" and I would answer "by rubbing sticks together" while the other American children would say something like "the heat generated by the friction of two sticks being

rubbed together causes so much heat buildup that eventually the sticks catch on fire." This is precisely the reason why I dislike English class. It makes me feel inferior to those who can express their feelings clearly and those who seem to know the dictionary by heart. People, like me, who remain silent throughout the entire year, can only be envious of the others for having such strong opinions and arguments for their point.

The start of a new school year hopefully means the start of something new and hopefully I can use this opportunity to turn over a new leaf. In truth, being bilingual isn't such a terrible thing; at least I can speak another language. It's like having the best of both worlds. At home, I have the opportunity to experience the Chinese culture and at school, I'm immersed in the American way of life. I might have to work slightly harder in English class but with some determination, nothing is impossible.

To submit an event listing, please email news@sampan.org

Immigration Question & Answer with an immigration lawyer

Each week, the SAMPAN invites its readers to write questions to Keith Pabian, an immigration attorney in Boston. Attorney Pabian will answer your questions in each issue. To submit a question, please email editor@sampan.org

Q: A colleague told me that there has been a high rejection rate among visa applications at the U.S. Consulate in Guangzhou, China. Why is it so hard to get a visa from the Guangzhou U.S. Consulate and how can I remedy this situation?

A: You are correct that the U.S. Consulate in Guangzhou is one of the most difficult consulates to work with. Unfortunately, when people have immigration issues outside of the United States, they are subject to the rules and procedures of the consulates in their home country. The rules and procedures differ from consulate to consulate, so it is possible for it to be easier to obtain a visa from one consulate than another.

It is not a coincidence that the U.S. Consulate in

CONTINUED PAGE 7

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FROM PAGE 6 IMMIGRATION

Guangzhou poses a very difficult challenge for those wanting U.S. visas. The hardest consulates to work with are the ones in the countries whose citizens have often violated immigration laws. Therefore, China, Brazil, and Mexico are just a few of the consulates that make it very hard to procure U.S. visas. These are the same countries that stereotypically have many citizens who are in the United States illegally, having overstayed visas or who having entered the U.S. legally.

Although this information can be frustrating to citizens of China, there is a way to still obtain a U.S. visa. Most people that have negative experiences with the Guangzhou U.S. Consulate are those that have applied for B-1 business visas or B-2 tourist visas. These visas require that an applicant demonstrate that they intend to return to their country after traveling to the United States. Because the U.S. government has this negative view of Chinese citizens violating immigration laws, an applicant for a visa has to provide extensive evidence that they intend to return to China after traveling to the United States.

Documents that the U.S. Consulate is looking for include proof of home ownership or rental, evi-

dence of employment in China, and family ties in China. The more documentation that a person can show to prove that it is in their interest to return to China, the more likely it will be that they obtain a U.S. visa.

To best remedy this onerous requirement, I always suggest that people hire an immigration attorney. An attorney will guide you through what documents will most improve your chances of obtaining a U.S. visa and will prepare you for what to say to a consulate officer. An attorney is extremely important because you can have plenty of documents, but if you say one wrong thing, you will be denied a U.S. visa.

Keith A. Pabian, Esq.
is an Immigration Attorney
at Pabian & Russell, LLC.
Mr. Pabian can be reached at
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Feature

**Flying into autumn:
The East Meets West Kite and Cultural Festival launches for the seventh consecutive year**

By Rebecca Chang

Crisp September winds brushed favorably on the kites of over 1,200 participants at this year's East Meets West Kite and Cultural Festival, held on September 18th and 19th at the Pope John Paul II Park in Dorchester. Held for the seventh consecutive year, the festival was highlighted by the participant-aided launch of a 300 foot-long dragon kite, tethered by a 100 foot-long kite in the form of an American flag. The symbolic act of cultural unity reinforced an ethos of good will in the air. "The goal is always a simple one -" an event coordinator emphasized - "to bring people of all color and cultural backgrounds to have a weekend of fun and harmony."

Professional flyers mingled with amateurs, emphasizing throughout safe-flying techniques. All enjoyed the snappy rhythms of free jazz performances and martial arts demonstrations, and with certain high gusts, families could roll through the grass on a kite-drawn wagon. A distinct New England air was brought as an enormous lobster-kite wafted up and

Flying into autumn:

The East Meets West Kite and Cultural Festival launches for the seventh consecutive year



A participant at the Festival reigns in a popular lobster-kite. (Photo courtesy of Tom Y. Chung)

buoyed over the trees. The crustacean dirigible had appeared the year before, and again proved to be a crowd-pleaser.

A laughing event - where attendees would be asked to relieve tension through laughing - and a "Miss Kite Contest" - where participants would be judged on a combination of kite-design abilities, kite-flying abilities, style and beauty - were unfortunately cancelled due to lack of experienced partici-

pants. Regardless, the coordinator mentioned that this year's event seemed resoundingly like "one of the most successful held so far."

Rebecca Chang is a Sampan correspondent.

Health Q&A

Q. What is the difference between a cold and the flu?

A. The flu and the common cold are both re-

spiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense with the flu. Colds tend to develop gradually, while the flu tends to start very suddenly. People with colds are more likely to have a runny or stuffy nose.

Article courtesy of Tufts Medical Center

Important differences between colds and the flu

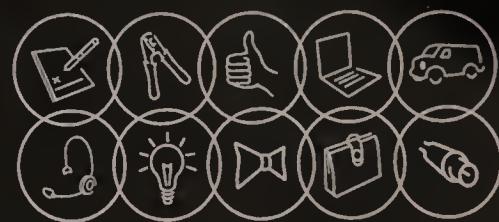
WITH A COLD:

- | |
|---|
| You almost never have a fever. |
| You feel stuffiness in your head. |
| You feel a little sick. |
| You can have a cold any time of year. |
| There is no shot to protect you. |
| There are no prescription medicines to treat colds. |

WITH THE FLU:

- | |
|--|
| You have a fever. |
| Your entire body feels sick. |
| You feel very sick. |
| Seasonal flu starts in early winter and continues through early spring. Flu pandemics happen every 30 years or so, and don't have a particular season. |
| You can get a shot to protect yourself. |
| There are prescription medicines to treat the flu. |

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【本報訊】紐英倫中華資訊網路協會(NECINA) 16日舉辦首度「語笑飯香」網協面對面座談會(Conversation Over Dishes, COD)。由楊子江大飯店贊助一部份。主講者Azuki Systems創辦人吳錦城因故不能前來，臨時取消行程。然而來賓皆已入席。

NECINA決定免費招待來賓享用晚餐，擇期再行補辦。

與會者對於未能與企業家吳錦城討論數位化行動商務最新動態，感到可惜。但仍彼此交換意見，切磋琢磨。參與者有TextTelivision 和八達通迅公司的創業家，和Verizon、Motorola、Sonus Networks、Cavium Networks等公司的工程師。COD的構想源自於突被傳統演講的限制，使聽眾與主講者能更有效的溝通。NEINCA選擇楊子江大飯店舉辦COD因為勒星頓市分店離高速公路近，停車方便，場地適合辦活動。

NECINA將每月舉辦COD，邀請不同領域的傑出人物出席。每次席坐兩桌，額滿截止。雖然該活動廣受歡迎，NECINA為了維持COD的特色，不考慮增加席位。目前以電子報通知活動時間，會員和在電子報名單上者將首先收到通知。

NECINA10月15日晚間將與IBM創新中心(IBM Innovation Center)合作，舉辦創業家專案研討會。活動免費，詳情將於下個月公布在網站www.necina.org。

NECINA是美國東北部紐英倫地區的一個非政治性，非營利性的專業組織。協會的會員覆蓋美國東北部六州一市，大部分為大波士頓地區的華人和本土主流社會的專業人士，以及與中國市場有關聯的商業人士。協會的宗旨是在尖端技術，新興產業，高新管理技術領域推出高水平的科教研討會，知識講座和交流活動。

外州保險公司出頭露面 移民醫保暫顯峰迴路轉

【本報訊】政府工作人員Deval Patrick通告道在政府資金有限、醫保預算減縮的情況下，合法移民的基本醫護，像常規檢查、購買處方藥、心理醫療及緊急救護等在新健保計畫內仍有保障，但牙醫、眼醫、住院費及特護等將不在新健保計畫之內。

麻州原有的針對移民的補貼性醫保政策已於今年8月31日到期。立法委四處籌集資金並未款到渠成，籌到的錢大概只夠承付緊急救護及其它極其有限的醫療服務，好在外州保險公司CeltiCare Health Plan of Massachusetts挺身而出，表示願接這塊燙手的山芋，為病戶承付部分醫保費用。他們認為合法移民也是納稅人，應享有公平合理的醫療待遇。

CeltiCare承擔的新健保項目將在一個月後上軌。這個月內，CeltiCare需要擴大增多其醫保網路內的醫院和醫生的數目。今年10月1日起大波士頓地區的1萬3千移民將可使用該醫保專案。預計今年12月1日時該項目可擴展至全麻州的移民，屆時更多的人可受益於該項目。

與此同時，合法移民仍可獲得緊急救護服務，其中一些人可繼續使用政府為貧困人口提供的MassHealth。

儘管政府通過各種途徑表示政府已在移民醫保的問題上竭盡其力，但一些

左派政治活動家仍對政府削減移民的醫保投資和減少醫保囊括的醫療服務專案感到擔憂。

麻州移民難民服務聯合會執行主任Eva A. Millona認為在目前的經濟危機下，政府此行可以理解。

Health Care for All提醒啓用新醫保公司CeltiCare，病人不得不離開其熟悉的醫生、醫院而選擇CeltiCare網路內的醫生、醫院，一切又從陌生開始。更重要的是一些醫療安排能否在轉型期順利接轉過去令人擔憂，典型的案例如孕婦馬上生產或病人預約的手術日即將到來等。

CeltiCare的執行主任Richard Lynch表示公司對種種難處有清楚的認識並理解此專案對CeltiCare也是一個不小的挑戰。RLynch表示CeltiCare有決心服務于麻州大眾。

CeltiCare獲取此項目令其競爭者不滿。來自Massachusetts Association of Health Plans的Marylou Buyse博士認為政府對前一家承保公司並沒有提供足夠的機會來競標此項目，卻相中CeltiCare這家尚未經過市場風雨洗禮的新面孔。不過Bigby承認政府明確指出醫保公司必須承擔約4千萬的醫療費用，而CeltiCare則明確表示將承擔此數目的費用。(許可可譯)

移民資訊

09年10月移民排期表

親屬 移民 排期	全世界 (包括 港澳 台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	03年 07月 22日	03年 07月 22日	03年 06月 22日	92年 10月 08日	93年 10月 08日
第二 優先 2A	05年 06月 01日	05年 06月 01日	05年 03月 01日	03年 06月 01日	05年 06月 01日
第二 優先 2B	01年 08月 22日	01年 08月 22日	01年 05月 22日	92年 05月 22日	98年 05月 01日
第三 優先	01年 01月 15日	01年 01月 15日	01年 01月 15日	91年 07月 08日	91年 10月 15日
第四 優先	99年 04月 15日	99年 04月 15日	99年 04月 15日	95年 10月 08日	86年 12月 01日

親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：永久居民的配偶及未成年子女
- 第二優先：永久居民成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姐妹

職業 移民 排期	全世界 (包括港 澳台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
第二 優先	現在 有名額	05年 03月 22日	05年 01月 22日	現在 有名額	現在 有名額
第三 優先	02年 06月 01日	02年 02月 22日	01年 04月 15日	02年 05月 01日	02年 06月 01日
非技術 勞工	05年 03月 22日	05年 03月 22日	01年 04月 215日	05年 03月 22日	05年 03月 22日
第四 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
宗教 工作者	沒有 名額	沒有 名額	沒有 名額	沒有 名額	沒有 名額
第五 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額

職業移民排期表

- 第一優先：傑出人才、研究人員教授
- 第二優先：永久居民的配偶及未成年子女跨國公司主管
- 第二優先：高等學位專業人才
- 第三優先：技術勞工及專業人士
- 第四優先：宗教工作者
- 第五優先：投資移民

移民問答

美國駐廣州領事館拒簽機率高

舢舨將把讀者有關移民的問題提給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有這方面問題，請發電子郵件給editor@sampan.org

問：一位同事告訴我，美國駐廣州領事館對簽證申請的拒絕率高。這是為什麼？我該怎樣改變這種局面？

答：是的，美國駐廣州領事館是最難打交道的領事館之一。不幸的是，當人們在它國存在移民問題時，他們在本國的領事館就會遇到限制。不同國家的領事館有許多不同的規則和程序，因此向不同領事館申請簽證的困難程度是不同的。

中國，巴西和墨西哥等國家的公民在美國違反移民法的情況比較多，這些國家在美國有較多的非法移民或者持合簽證進入後逾期居留的居民。這些國家的公民因此很難獲得美國領事館的簽證。這就是美國駐廣州領事館成為最難打交道的領事館之一的原因。

雖然此信息很可能令中國公民沮喪，但想要獲得美國簽證仍然是有辦法的。大多數與美國駐廣州總領事館打交道的是那些申請B-1商務簽證或B-2旅遊

簽證的人。這些簽證要求申請人證明他們自己在前往美國以後肯定會返回自己的國家。由於美國政府對中國公民有負面看法，認為他們會違反移民法，所以中國公民申請去美國的簽證，必須提供大量文件證明他們前往美國後將返回中國。

美國領事館需要的文件包括申請人在中國的房產或租金證明，職業證明以及家庭關係的證明。申請人證明其回到中國符合他自己利益的文件越多，就越有可能獲得美國簽證。

為了最有效地解決這個艱巨的任務，我總是建議人們聘請移民律師。律師將指導你通過什麼文件促進獲得美國簽證的機會，並為你準備如何回答領事館官員的問題。律師是非常重要的，因為你可以獲得很多文件，但如果你提供虛假的資料，你將被拒絕美國簽證。

Keith A. Pabian, Esq. 是一位移民律師。電話 (617) 951-3721，或通過電子郵件kpabian@pabianrussell.com聯繫。(陳公權譯)

新聞簡訊

紐英倫中華公所
主辦
《愛心在台灣賑災晚會》

【本報訊】由紐英倫中華公所主辦的《愛心在台灣賑災晚會》於9月9日在波士頓華埠的帝苑酒樓舉行，吸引了約近兩百多位愛心人士、各個僑團參加。

台北駐波士頓經濟文化辦事處處長楊國棟上台致辭，代表中華民國政府對大家的愛心支援表示誠摯的感謝。楊國棟日前已離任榮調回台灣。

中華公所主席何遠光在致辭中號召

新任駐波士頓台北經濟文化辦事處處長
洪慧珠履新

新任駐波士頓台北經濟文化辦事處處長洪慧珠已於九月十五日履新。

洪處長表示上任之後將持續推動紐英倫地區與中華民國台灣的雙邊關係，加強政治、經貿及文化面的交流，並持續服務紐英倫地區的僑胞，近日內將在僑教中心主任簡許邦及副處長鍾麗文陪同下，密集拜會紐英倫各界僑界領袖。

洪慧珠處長為資深外交人員，1958年生，台灣大學法律系畢業，政治大學外交研究所碩士，美國加州大學柏克萊分校法學碩士，歷任外交部北美司科員、專員、科長、條約法律司副司長，駐舊金山辦事處秘書、駐美國代表處國會組副組長、組長，來波士頓前為外交部歐洲司司長。

新任駐波士頓台北經濟文化辦事處處長洪慧珠

利用省一瓦 (Kill-A-Watt)
儀器來減低家居能源消耗

【本報訊】現在你可以向全波士頓的圖書館借到一種可以測度能量的家用電子儀器。這件儀器叫作省一瓦 (Kill-A-Watt)，能測量各種家庭電器的用電量。祇要將儀器顯示的用量乘以電

費單上每千瓦時的收費率，居民便可以計算出電器插上電源時的用電費用。根據計算的得數，居民可決定那種電器少用些，那種電器不用時關上電源，又或者花錢買電源板，

好能控制電力消耗。全波士頓的圖書館都有省一瓦 (Kill-A-Watt)可供借用，就像借書一樣，有借書証便行。圖書館的外借台具有這種儀器，附以簡易的使用說明書和如何記錄用電的指南。除了與NStar 電力公司合夥的本地圖書館能提供省一瓦 (Kill-A-Watt)之外，波士頓市府亦與數個社區組織合夥，提供這種儀器給本地居民使用。這些社區夥伴包括有：波士頓氣候行動聯網 (Boston Climate Action Network)，多徹士打環境健康聯盟 (Dorchester Environmental Health Coalition)，西洛斯庇里節省能源 (West Roxbury Saves Energy)，

柯士頓白禮頓社區發展公司 (Allston Brighton Community Development Corporation)，畢瑾山協會綠色委員會 (Beacon Hill Civic Association Green Committee)，麻省能源消費者聯盟 (Mass Energy Consumers Alliance)，芬威社區發展公司 (Fenway Community Development Corporation)，波士頓拉丁學校青年氣候行動聯網 (Boston Latin School's Youth Climate Action Network)，華美福利會 (Asian American Civic Association)，波士頓建築材料合作社 (Boston Building Materials Co-op)，與及華經會 (Chinese Economic Development Council)。

華美福利會 (Asian American Civic Association) 位於波士頓市泰勒街八十七號五樓 (87 Tyler Street, 5th Floor, Boston, MA)，可電話聯絡 (617) 426-9492。華經會 (Chinese Economic Development Council) 位於波士頓市哈利臣街六十五號七樓 (65 Harrison Avenue, 7th Floor, Boston, MA)，可電話聯絡 (617) 482-1011。

舢舨

健康專欄

Cole Liberator文
田恬譯

雖然心臟病是美國人的頭號殺手，對於亞裔美人來說，這不定的稱號卻落到癌症之上。其中一種常見且致命的癌症即是肝癌。事實上，在美國，亞裔的肝癌罹患率比白種人多了七倍之餘。肝癌的預斷時常是令人消沈的消息。肝癌很難及早診斷，十分困難除去，且有時會抗化療。為了要有效治療此疾病，我們必須斬草除根。好消息是，此根源很容易診斷且容易預防。

B型肝炎時常是肝癌的前兆。它能以血液或含有血液的身體液體傳染。病源以及受傳染者之間並不需要直接接觸就能傳染。因此，B型肝炎能夠在一個家庭的成員中互相傳染。如果不治療的話，B型肝炎可能導致致命的疾病，例如肝衰竭、肝硬化以及肝癌。

幸運的是，美國有著非常低的B型肝炎罹患率 (~ 0.5%)，主要歸功於嚴密的預防措施。但是，如果只看表面的話，這個數字可能給人一個安全的假象。仔細看數據的話，亞裔美人有著令人震驚的高B型肝炎罹患率。根據國家傳染病中心指出，患有B型肝炎的1百二十五萬美國人中，大約一半都是亞裔美人。這代表在亞裔美人之間，B型肝炎的罹患率是4% (比國家罹患率高了八倍)。

為什麼這種趨勢會存在呢？可能因素有兩層。其一，亞洲移民至美國。許多南亞國家，譬如中國，B肝病毒是被視為地方性流行病。治療很簡陋，而對於疾病的認識並不高。B型肝炎因而猖獗盛行。當亞洲移民到達美國時，他們時常夾帶著B型肝炎。

在2006年，一份在發病率與死亡率週報發表的報告指出，在紐約市，亞裔移民族群的B型肝炎感染率是15%。此數字比美國普遍B肝感染率高了駭人的35倍，幾乎等於B肝最流行的地區！其他的類似研究表示在費城、亞特蘭大以及芝加哥的亞裔移民族群有著相似的感染率。

第二個亞裔族群有較高感染率的理由是B型肝炎緩慢發展的病徵。B型肝炎能導致的致命疾病需要感染後的數年才會發作。更令人害怕的是，部分B型肝炎患者並無病徵，默默的傳播著病毒。這因如此，此疾病能夠在數年內被一個不知情的患者傳播。實際上，半數在那份紐約市研究中的移民在美國住了超過十年而對自己患有B型肝炎毫不知情。

這種情勢要如何停止呢？第一步是篩查。唯一能確定B型肝炎的檢驗是血液檢查。所有知道自己是否患有B型肝炎的人都應該受檢，不只為了他們自身的安全，也為了他們身邊的人。為了要與這個問題抗衡，全美提供許多新方案，包括 HBI-Boston。這個計畫的目標是B型肝炎的教育以及主動的疾病篩查。

第二步是對還沒接觸到B型肝炎的人施打疫苗。目前這是唯一能夠完全預防B型肝炎的治療方式。疫苗分為三次施打，增加身體對於B型肝炎的免疫力。積極主動的治療是必要的。跟所有疫苗一樣，B肝疫苗只能保護未受感染的人。雖然已患有B型肝炎的患者仍能找到有效的治療方式，目前並沒有能根治的方式。

誰應該接受疫苗？最簡單的答案是所有還未得到B型肝炎的人。但是，此疫苗對幼童最有效。B型肝炎病毒導致肝硬化或肝癌的機會受患者罹患B型肝炎的年紀的影響極大。舉例來說，十個新生兒中有九個會顯示病徵。這個數字

肝癌與亞裔：致命的問題，簡單的預防

在幼童之中減少至十個之中有三個會顯示。在成年人之中，一百個人中只有兩個會顯示病徵。

不過別被這數字給騙了。成人也應該施打疫苗。不論成年患者會得到肝癌的機會有多小，他仍會是帶原者並可能傳染至其他不知情的人。這對孕婦來說特別重要，因為新生兒有極高的機會得到此疾病。事實上，在B型肝炎流行的地區，母體傳染是最常見的傳染途徑。

肝癌是少見能夠用單一疫苗來避免的癌症。對疾病的認知是美國亞裔族群抵抗此疾病的最大障礙。研究指出當患者被診斷出疾病時，大多數患者會負責他們自己的治療。但是我們卻缺少那初始的診斷。雖然城市社區正努力提供更方便及簡單的診斷測試，到頭來個人仍必須主動。世界上有無數難以診斷及更難以預防的疾病，每個人都應該為他們自己、家人以及朋友來努力阻絕可以被預防的疾病。

(文章由塔夫茨醫學中心贊助)

移民問答

舢舨將把讀者有關移民的問題提供給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有這方面問題，請發電子郵件給editor@saman.org

Q：我是美國公民。我交往了四年半的中國男友來美國看我，並且我們趁他在美國的期間結婚了。他持遊客簽證進入的美國。我想讓我的丈夫留在美國與我一起生活，但我不知道是否行得通。他可以留在美國並拿到綠卡嗎？

A：恭喜結婚！是的，你和你的丈夫可以留在美國，儘管他用旅遊者的身份進入了美國，只要你代表你丈夫申請綠卡就可以。一個人不會因為與美國公民結婚而自動獲得移民優惠。他們必須向美國公民和移民服務處申請綠卡。我建議你與移民代理面談，如果你丈夫有意要申請綠卡的話。

Q：我是美國公民，我想與一個現在以非合法身份留在美國的人結婚。我們能合法結婚麼？

A：好消息是你們能夠合法結婚。你們結婚後，你可以為你的配偶申請合法居留身份，即綠卡。如果你的配偶沒有經過檢查而進入了美國，既沒有通過海關的檢查而入境的，他必須回到他的祖國從美國大使館拿綠卡。如果他已經非法的生活在美國並且必須要到大使館取得綠卡，你的配偶也必須申請豁免證明。這方面的移民法規非常的複雜，我建議你與移民代理聯繫並找出最好的拿到綠卡的方法。

(陳公權譯)

Keith A. Pabian, Esq. 是一位移民律師。電話 (617) 951-3721，或通過電子郵件kpabian@pabianrussell.com 聯系。

華埠新聞

華埠社區聯盟例會探討

H1N1流感防預工作



約二十多人參加了本月華埠社區聯盟例會。（徐凱俐攝）

【本報記者徐凱俐報導】華埠社區聯盟（The Chinatown Coalition）於九月十日在華埠社區中心（BCNC）召開每月例會，眾華人社區團體均派代表出席會議，探討華埠面臨的新機遇及新挑戰。

來自塔夫茨醫務中心風土醫學和傳染疾病部的Shira Doron助理主任醫師在會上給與會者詳細講解了對於H1N1豬流感的防治工作。由於流感季節的逼近，相關部門對有可能到來的新一波H1N1流感爆發嚴正以待，要求各單位做好準備，以應對不時之需。

麻省公共衛生部的最新資料顯示，在州內已有約一千四百H1N1病例確診，十一個死亡病例。疾病預防控制中心如今已由之前的鼓勵接種疫苗變為建議為六歲以下幼童打季節性流感疫苗。Shira Doron表示面對H1N1流感大敵，今年季節性流感疫苗顯得尤為要緊，而且季節性流感是完全安全的。相反，H1N1流感疫苗卻有相當的不確定性，而且Shira Doron也說有需求時，H1N1流感疫苗有可能無法及時抵達。

Shira Doron表示，通常員工出現病狀時，公司都不會特別關心他們是否有去醫院就診，但是當下這種情況需要得到改變。公司也應該重修危

機處理步續，針對H1N1流感實情，做相應調整。Shira Doron還說人們在社交場合要想出新的辦法，保持人與人之間的身體距離達六英尺。另外，也要減少不必要的工作旅行，錯開員工工作時間，或採取換班制。如果能提高公司電訊水平，也不失為一良策，以便僱員可以遠程在家工作。Shira Doron說承擔流感並發症高風險人群的孕婦、慢性病患者出現病狀時，尤其需要得到特別的關注。她還表示，工作單位要加強衛生防預工作，比如提供多一些洗手液，勤擦公共區域。Shira Doron著重強調了一些易被忽略、卻非常重要的區域，比如電梯按鈕、電腦鍵盤。

華美福利會教育主任高理察高理察也在例會時，分發了「華埠教育線路」（Chinatown Educational Pathway）圖。「華埠教育線路」計劃包括各水平的英語（ESOL）課程、求職班、遠程教育、成人學位和公民課，幫助華裔移民盡快適應美國生活。

華人組織推廣精神健康教育



亞太動力的志願者之一，美華福利會董事會成員張仲荷表示製作這些節目是為了對亞裔社區就精神健康問題進行教育和宣傳。（照片由Katherine Szeto提供）

【本報記者徐凱俐報導】總部位於摩頓市的亞太動力組織於九月十二日在塔夫茨醫務中心慶祝其精神健康意識項目（Mental Health Awareness Program）第一階段的圓滿完成。憑藉塔夫茨醫務中心慷慨的資金支持，亞太動力為老年人製作了一關於精神健康知識的電視節目，旨在提高華人羣體對精神疾病的認知和關注。

雖然慶祝會舉辦當天陰雨蒙蒙，但仍有眾多關心精神健康的專業人士及老年人到場。主辦方還在現場播放了時長約八分鐘的華人精神健康電視系列的精華部分，向與會者簡要普及精神疾病的相關知識。

出席者薛蟾輝老人表示自己和周圍的朋友都對精神疾病認識極少，而病患也對此類毛病難以啓齒，不願多講。

根據世界衛生組織2002年在十四個國家的調查研究，十二個國家的人口當中，有百分之五至十五的人知道或承認自己有精神病，而在日本和中國接受調查的人口當中只有百分之三的人知道或承認自己有精

神病。精神健康知識特輯執行製片黎德慧表示這並不是因為亞洲人對精神疾病有免疫力，而是精神健康問題猶如禁忌，亞裔群體甚少討論，也由此無從獲得對其深刻而正確的認識。

黎德慧還說在聯絡和採訪年長的精神病患者時，大多的受訪人和受訪人子女都非常願意向他們介紹和交談，並且有人表示「總算有人來談這個問題了。」

塔夫茨醫務中心社區健康項目主任曾雪清說塔夫茨支持和鼓勵包括精神健康在內的各種不同有關身心健康問題的活動和項目在亞裔社區的發展和進行。她說，精神疾病由於其特殊的敏感性，需要社會各界人士給予更多的關心和愛護。

作為亞太動力的志願者之一，美華福利會董事會成員張仲荷表示，老年華人精神健康系列只是一個開始，亞太動力已經著手開始準備新一季的節目，關注青少年的精神健康。張仲荷說製作這些節目是為了對亞裔社區就精神健康問題進行教育和宣傳，希望當有人遇到精神健康難題時，能夠找到相應的機構尋求幫助和治療。

美華福利會的多項服務中心協調員曾嘉兒由1996年亞太動力成立起便開始其志願活動。作為一個由義工組成的非盈利機構，亞太動力致力於探討新英格蘭地區有關亞裔社區的各種問題。曾嘉兒說機構目前有兩項大型活動。一是每年農曆新年在摩頓市舉辦的春節慶祝活動，二是每月兩次在摩頓有線電視放送的常規節目，播報社區新聞、法律常識，醫療和健康的訊息以及娛樂活動等。精神健康知識特輯電視節目和常規節目一樣除了在摩頓，也在波士頓和昆士電視台進行播放。

波士頓新聞

(接反面第一版 - 市長)

進行投票的權利。

米高法拉提說：「我認識到移民群體在這個城市所起的重大作用。坦白說，我們城市也是由移民所建，我們應該歡迎和幫助那些為公民身份在努力、尋求優異教育和工作機會的移民。」

麥奎亞表示移民和其他人一樣也是社區的一部分。他說：「我們要尊重對待移民。」

名為Harry的拉丁裔移民在論壇結束後的採訪中表示，他在波士頓已經住了三十年了，每次選舉他都會參與投票。這次，他說他支持尹常賢和米高法拉提，因為他倆對於教育問題都很有自己的看法，而萬寧路的缺席則讓他頗為失望。Harry認為由此看出，萬寧路對波士頓居民缺乏尊重。

現年31歲，身為教師的波士頓居民Julie Feney表示雖然她還沒有決定支持誰，但各候選人在論壇會上的討論和回答吸引了她的興趣。她認為預算和政策透明度是波士頓市長應該首要解決的問題。

下一輪市長論壇將於10月27日晚六點半在Faneuil Hall舉行。

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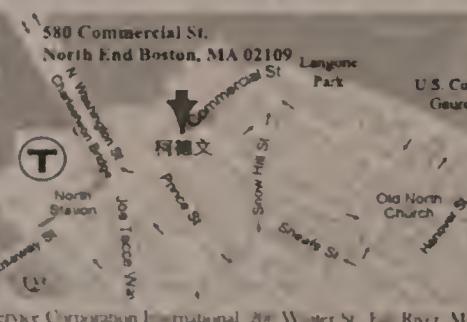
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華埠新聞

波市首家
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開門迎新

【本報訊】華美福利會創辦的「啓蒙幼稚教育中心」將於本年十一月開門迎新。這家教育中心以中文(普通話)為主，採用義大利幼兒教育模式。

華美福利會執行主任李秋明介紹道：「中心是針對廣大華人移民家庭對高品質中文環境幼稚教育的渴求而建立起來的。在這裏，孩子們將浸沒在中文語言環境裏，學習、吸收漢語言文化和知識。」

華美福利會董事會主席陳美霞提及幾年前曾幫助一非華裔家庭尋找講中文保姆，而這個經歷激發了華美創建中文教育中心的想法。華美相信在當今全球經濟一體化的環境特點下學習掌握一門外語會增加創業機遇。

「啓蒙幼稚教育中心」教育中心主席Alma Finneran有著四十餘年的幼兒教育經驗。Alma講解道該中心採用義大利的Reggio Emilia教育模式。此教育模式以義大利城市Reggio Emilia命名，主導思想是孩子「隨心所欲」，而老師們育其所欲，並著重發展孩子的識字技能。為發現、發展孩子的興趣與愛好，教育中心開設有藝術、手工、音樂等各項活動。

中心指導教師陳安補充道該中心也會通過孩子們之間以及孩子們與老師、家長之間的互動與交流來強調、發展孩子的社會交往技能。陳安說：「中心會採用最先進、最適合的教育方式為孩子提供一個有效的學習發展環境。」

關於中心的更多詳情可電話或電子郵件查詢：617-426-9492 x203，budsandblossoms@aaca-boston.org (許可可譯)

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華美福利會表彰
兩位出色領導人

右起：AACAA執行董事李秋明、前任主席余達明、現任主席陳美霞和余達明夫人Helen Yee。(徐凱俐 攝)

【本報記者徐凱俐報導】

華美福利會(Asian American Civic Association, AACAA)在九月十六日的年會上對前任主席余達明(Paul M. Yee, Jr.)和現任主席陳美霞(Mary Chin)的工作成就進行了表彰，並將福利會的多項服務諮詢室以餘達明命名，另外一間執行董事辦公室則以陳美霞命名，以感謝和認可兩人長期以來為福利會所作的貢獻。

余達明和陳美霞都在華美福利會服務超過二十年。余達明本身是一位律師，在華美福利會期間擔當過包括主席、副主席、共同主席在內的各項職位。陳美霞擁有紮實的社會工作背景，她與華美福利會各成員以及社區緊密合作，幫助華美福利會更好的服務移民社群。

余達明說：「能夠和董事會以及一班同事一起工作真的是我的榮幸。」他表示雖然他去年離開了華美福利會，但是華美福利會有陳美霞這樣一位優秀的領導人和出色的工作者，工作都有條不紊的展開著。餘達明還說作為旁觀者，他更看到了華美福利會的豐富的資源和可塑性。華美福利會就如同它服務的移民社區一樣，致力於工作，期望在這個國家獲得成功。

對於華美福利會現在所在的辦公樓，餘達明和同事們花了總共七年的心血協調、安排和建設，終於在2007年成功遷入新址。

余達明表示，過去華美福利會總是向別人租借辦公地點，無法做長期計劃，為更好地服務移民社區擺出了限制。

余達明說：「當你有了自己的家，就可做更多的計劃，提供優質項目。」

如今，華美福利會能在泰勒街安家，余達明功不可

沒。

陳美霞對於當天得到華美福利會頒給的殊榮，大為感慨和激動。

她說：「我即驚又喜，我以謙卑的心，非常感謝大家。」

華美福利會執行董事李秋明和陳美霞相識並一同工作二十年有餘。他眼中的陳美霞獻身於華美福利會的事業，有時要求頗嚴，但是了解她的工作方式後，與她共事，非常開心，因為她了解華美福利會這個組織和其成員的所需所求。

陳美霞也表示在未來的日子裡，她準備擴展領導力，與各華美福利會成員一起定位更多能夠滿足每一個移民需求的項目，著力資金籌集，發展華美福利會，為移民提供幫助。

麻州州長派屈克(Patrick Deval)於9月21日提名余達明出任昆士市地方法院(Quincy District Court)法官。如果獲得州長的顧問委員會(Governor's Council)同意，余達明將取代已退休的法官巴勒(Gregory Baler)。

余達明在波城華埠大同村長大，父親已過世，母親為李寶瓊。余達明先後畢業自東北大學及沙福克大學法學院。

余達明在紐約布魯克林區開始其律師生涯，獲得Reginald Heber Smith社區律師獎金，在布魯克林區法律服務中心(Brooklyn Legal Services)擔任律師，後來加入波士頓住屋局擔任資深律師。在自己開始執業前，他已經擔任沙福克(Suffolk)郡助理地區檢察官。在他的法律服務生涯中，他也兼任調停者。

自1986年起，余達明在波士頓天滿街經營自己開設的律師事務所，代表客戶進行在民事及刑事的訴訟。

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活動簡訊

·文協支援莫拉克災民募款活動

波士頓區中華文化協會設立捐款專戶，將收集捐款，透過紅十字或其他適當管道送回台灣。這些捐款將專款專用，全數用於救助災民。捐款者可寄支票給「GBCCA」、註明「Morakot relief fund」，寄至：GBCCA, 437 Cherry Street, West Newton, MA 02465。郭漢渝表示，文協現在正與其他社團商議合辦捐款活動。

有關其他活動細節，文協還將召開會議商定。報名與會和聯繫可洽文協辦公室（617）332-0377，或郭漢渝（781）862-6352。

·大水無情 人間有愛 慈濟募心募款

不忍災民受苦難，全球五大洲，包括台灣，共計四十三個國家的慈濟人，進行「八八惡水毀大地·秉慈運悲聚福緣」募心募款活動，光在海外就動員志工超過一萬五千人。每一個國家，不分宗教、不分貧富，將愛心化作實際行動，連地圖上找不到的遙遠國度聖馬丁，或是南亞海嘯災民，都將溫暖注入台灣，祈願八八水災受災民眾能早日重建家園，走出傷痛。美國居民可利用以下方式捐款：

網路捐獻：<http://www.us.tzuchi.org/usa/home.nsf/otherC/k12063>

信用卡捐款（每日9 am - 6 pm）：

專線電話：1.888.989.8244 (1.888.9TZUCHI)

支票捐款：

抬頭：Tzu Chi
註明：慈善

寄至：美國總會Tzu Chi Foundation
1100 S. Valley Center Ave., San Dimas, CA 91773

·國慶愛心賑災晚會

中華民國國慶愛心賑災晚會將於10月4日(週日)晚上七點，在約翰漢考克廳(John Hancock Hall)演出，演出者包括台灣的校園民歌歌手，如施孝榮、邵肇政、楊芳儀

和陳明韶。還有台北新潮樂集的5名團員，也將以笛、笙、二胡、中阮演奏，歌手除獨唱之外也接受現場點唱。票價:\$50、\$30、\$20、\$10，購票
僑教中心:617-965-8801
、馬滌凡:617-332-9350
、王月娥:781-862-7602

·思人文音樂會

慈濟將於9月26日(週六)下午七點，在Regis College的Casey Theatre(235 Wellesley St., Weston)舉辦，為莫拉克颱風災民募款。票價\$50、\$30/學生，購票:617-762-0569。

·塔夫茨醫學中心社區健康日

塔夫茨醫學中心將於9月26日早上10點至下午2點在中心的大廳舉行免費健康檢驗(包括攝護腺檢驗)及資訊。現場提供心臟疾病、眼睛疾病、氣喘、高血壓等相關資訊；醫療相關得工作機會等。塔夫茨醫學中心位於華埠華盛頓街800號(800 Washington Street)。

·波士頓華埠社區屋街遊藝會

波士頓華埠社區於週六(9月26日)上午11點至下午3點，在昆士小學遊樂場及屋街(Oak Street)舉行。進場免費。活動包括吃西瓜比賽、藝術、手工藝製作，音樂及舞蹈表演。

·玉山科協年會

玉山科協年會於(9月26日(週六)下午1點至9點，在MIT教授俱樂部舉辦年會，邀請蘇懷仁、徐千田、吳曉雲、Jonathan Henderson和Kevin Counihan演講。查詢會長李淑華:president@mjne.org, 副會長莊政琦:617-499-3512。

·合迎新中秋茶會

台灣同學聯合會於9月26日(週六)下午兩點至五點，在70 Pacific St, Cambridge, (MIT Sidney Pacific Multipurpose room)舉行，將於茶會中設計輕鬆有趣的小遊戲，並同時提供豐富的獎品，包括塞爾提克隊籃球賽的

球票，Charles cards，神秘小禮物及中秋月餅。\$10(門口\$12)，聯繫:ftsane@gmail.com。

·羅州台灣日龍舟賽

羅德島2009年第十屆「台灣日—龍舟賽」，日前因天候關係延期，改在9月26日(週六)舉行，地點在Pawtucket黑石河(Blackstone River)畔。有十餘支隊伍參賽。會場並安排了精彩的動、靜態節目。該活動預計於26日上午10時在施放中美大型國旗風箏後揭開序幕，由經文處洪處長慧珠與黑石河旅遊中心主任Robert Billington主持，中華民俗藝術工作坊及中華藝術協會提供表演。為了增加互動參與感與趣味性，歡迎來賓報名參加中午舉辦的吃餃子比賽。

華夏文協手藝師傅現場示範，將教大家書法、繪畫、捏麵人、繩結、燈籠等傳統民俗藝技。

·麻州中部中秋聯誼會

麻州中部中秋聯誼會將於10月2日(週五)晚上7點至11點，在Westborough Acacia酒樓舉辦(275 Turnpike Rd., 九號公路)。屆時將有國際標準舞和卡拉OK大賽的獲獎選手的助興演出，酒樓連接高爾夫球場，環境優美，極適合中秋賞月，提供茶點，免費歌舞和即興演唱。票價：成人\$10, 12歲以下兒童\$5。購票地點：亞洲超市(Asian Market, 229 Turnpike Rd, Westborough)。

·昆市免費社會服務

昆市免費社會服務於每月的第三個週六早上11點至中午12點(無需預約、先到先等)舉辦。歡迎到臨查詢市府服務、社區活動和簡單市政法例等等，服務並包括閱讀信件。未來日期：昆市免費社會服務9/19、10/17。查詢:617-376-1298。

·僑聲社粵劇演出

僑聲音樂社紀念七十週年慶賀，將於9月19日在轉漢摩禮堂(John Hancock Hall)舉辦粵劇折子戲，歡迎前來欣賞。

·昆市中文普通話課程

昆士市長亞顧會籌辦得中文話課程將於9月5日在北昆市開課，連續六個週六上午。地址：381 Hancock St, North Quincy。每次一個半小時。課程詳情及線上報名，網頁：<http://yausmarketing.bizland.com/yasianamericanforum/id20.html>。詳情請洽邱潔芳(617)376-1298，電郵：byau@ci.quincy.ma.us。

·昆士醫療中心慈善抗癌步行日

昆士醫療中心慈善抗癌步行日將於9月27日(週日)早上9時在昆士的Pageant Field進行，聯絡譚秀婷:617-376-5493, <http://www.quincymc.org>。

·笙歌 — 鄭千娜笙演奏會

由波士頓古箏樂團主辦，邀請台灣著名笙演奏家鄭千娜女士，為波士頓地區愛好中國音樂的朋友帶來一場非常難得的十七簧傳統笙與三十六簧加鍵笙的獨奏音樂會。笙是中國傳統管樂器，有三千年的歷史，在新英格蘭地區只有幾位的演奏者，這次音樂會主要為鄭女士的獨奏、由新英格蘭音樂學院的王韻都擔任鋼琴伴奏、並與她在波士頓的兩位高足張純琦、陳曉暉同台演出。此外，古箏演奏家楊信宜與百克里音樂學院樂手林博農與鄭女士一起合作演出周杰倫的『菊花台』及波士頓古箏樂團陳佩瑜與朱同桐的第二重奏『彌渡山歌』。

音樂會於9/26晚上七點半假勒星頓鎮Follen Church (755 Massachusetts Ave., Lexington, MA 02420)舉行，活動公開免費，海報網址：<http://www.bostonguzheng.org/ChienNoShengRecital.htm> 查詢請電：617-782-3000 楊老師(可留言)

·亞裔女性領導研討會

波士頓的「亞裔追求卓越協會」(ASPIRE)將於10月3日(周六)上午8時30分至下午4時在波士頓大學舉辦「第五屆亞裔

女性領導研討會」，以「無畏的領導：自信掌控」為主題，邀請各界傑出女性主講如何無畏地追求夢想，打破文化和社會的束縛。

接受必須的風險，走向成功之路。今年大會主講人為美國亞太裔婦女中心總裁Rosie Abriam。該研討會旨在創造交流的機會，延伸會外的討論與關係，並提倡女性價值與自覺。有關詳情及報名資訊，可上網www.girlsaspire.org。

·絲竹春吟 中華國樂賽

由中華表演藝術基金會主辦的「絲竹春吟：第二屆青少年中國器比賽」將於10月10日和11日(周六、日)在波士頓First Church of Boston (66 Marlborough Street, Boston) 舉行。該比賽不分國籍地區，凡9至22歲的青少年和青年皆可參加。比賽依年齡分四組進行，器樂種類有拉絃、吹管、彈撥、打擊等。參賽者須準備三首自選曲，於初、複、決賽演奏，評分標準為技巧、音樂性、台風儀表。每組設金銀銅獎各一名，特別榮譽獎數名，前三名獎金由20元至250元不等，報名費30元，第二項以上報名費25元。報名表及報名費須於本月30日前寄達：Foundation for Chinese Performing Arts, 3 Partridge Lane, Lincoln, MA, 查詢可洽：(781) 259-8195，或電郵至Foundation@ChinesePerformingArts.net。

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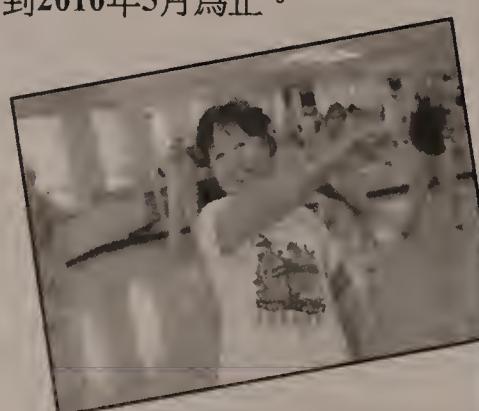
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